Wellness Where You Are
ONLINE SERIES

Conquering COVID: Through the Holidays & Beyond
with Dr. Curtis Chan and Shireen Malekafzali
Thursday, December 17th, 4:30pm-5:30pm (PT)
BACHAC

• A 25-year grass roots community health organization
• Address health disparities in diverse communities across generations
• Through awareness, education, access to resources, advocacy
• In partnership/collaboration with a diverse groups
• Supporting a culture of Equity, Innovation and Inclusion
Session Purpose

• Support community with relevant information, resources & tools during this challenging time (12 sessions since May 2020)
• Address unique needs of the community during this pandemic
• Provide forum to address questions, hear perspectives
• Increase awareness, access to important information, tools, resources
Housekeeping

• Appreciate your patience and flexibility as BACHAC navigates the virtual world
• BACHAC’s steps to protect privacy
• Everyone is on mute
• Write questions in the Chat
• Session is being recorded
• Recording and slides to be posted on BACHAC website
Meeting Agreements

• Be engaged
• Be curious and open
• Challenge ideas, not the person
• Seek to understand
• Stretch yourself
• Speak your truth, respect others’ truths
• Help us....Help you
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Thursday, December 17th, 4:30pm-5:30pm (PT)
County Health COVID-19 Overview

Shireen Malekafzali
Health Equity Officer
December 17, 2020
Agenda

• **Presentation**
  - **Data**: State of COVID-19 & the County
  - **County Health Response**: Data Analysis, Health Education and Outreach, Testing, Contact Tracing, Isolation/Quarantine Resources, Learn and Improve, Vaccine Distribution
  - **Staying Safe**: Best ways to protect yourself

• **Discussion**
  - Your questions
  - Your experiences
Understanding the science and tracking the disease
COVID-19

Today

- **Cases**: 19,645 – and increasing
- **Deaths**: 183
- **R-eff**: 1.39 – infected people are transmitting to more than one other person – increasing spread
- **Age**: 20-40 year age range has highest cases
- **Recent Trends**:
  - Increases in cases of White and younger residents
  - Massive increase in daily case counts

- **Data Dashboard**:
  - [https://www.smchealth.org/data-dashboard/cases-city](https://www.smchealth.org/data-dashboard/cases-city)
Disproportionate Impacts

• Inequities exist in SMC affecting our low-income residents and communities of color

• Overcrowding, housing burden, median income, educational attainment, unemployment and more...

• Deep long-standing social/racial/economic factors are at the root of these inequities

• COVID-19 distribution shows significant disparities

• Latinx community represents 24% of population but bares 47% of the burden of COVID-19 cases
Statewide numbers

• COVID-19 disproportionately impacts those with:
  • Lower incomes
    • Those earning under 40K have a case rate of 93 (per 100K people) versus a case rate of 24.2 for those earning over 120K
  • Living in crowded conditions
  • Less access to healthcare
County Health Covid-19 response

Providing support to slow the spread & support our communities
County Health emergency response

Learning & Improving as We Go

- Collect, Analyze & Share Data
- Health Education & Outreach
- Vaccine Distribution
- Resources for Quarantine & Isolation
- Contact Tracing to Limit the Spread

Collect, Analyze & Share Data
Health Education & Outreach
Vaccine Distribution
Resources for Quarantine & Isolation
Contact Tracing to Limit the Spread
Data Collection, Analysis & Sharing

San Mateo County COVID-19 Hospital Data

Cases up to and including December 18, 2020

San Mateo County COVID-19 Lab Results Data

Cases up to and including December 18, 2020

San Mateo County COVID-19 Cases by City

COVID-19 Test Results

COVID-19 Long Term Care Facility Data

Cumulative cases associated with LTCFs:

https://www.smchealth.org/coronavirus-health-data
Contact Tracing & Isolation Resources

- The Public Health Department and its community partners will contact people who test positive for COVID-19.

  We “trace” or find others who have been in recent close contact with them.

  Contacts will be assessed and offered testing but they will NOT be told your name.

  Contacts are asked to quarantine themselves even if they are not showing symptoms.

  Answering the phone can save lives.

- If they are showing symptoms or have already tested positive they are asked to isolate themselves to prevent the spread of COVID to others.
SMC Testing

• Large Testing Venues
  • Event Center – Tues through Saturday 1pm-8pm (1346 Saratoga Drive, San Mateo)
  • Jefferson Union High School District Offices – Tues thru Saturday 10am-4pm
    (699 Serramonte Blvd, Daly City)
• Mobile Testing Van – Rotating weekly schedule 5-days/week 10am-4pm
  (www.Curative.com – 888-702-9042)
• Adult testing available in EPA, HMB, NFO, San Bruno, SSF
  (https://www.projectbaseline.com/ - 888-634-1123)
• Community Testing Events – www.Curative.com
  • Jefferson High School, St. Jame AME Zion Church, City of HMB, La Honda Pescadero High School, NFO Mural Parking Lot, City of EPA, Belle Haven Action
• For more information: https://www.smcgov.org/testing
SMC Vaccine Approach

**Provide**
Provide transparency into the science.

**Prioritize**
Prioritize those that shoulder most risk.

**Acknowledge**
Acknowledge, explicitly, the negative and painful history of healthcare in the US in communities of color that have led to distrust in healthcare, research, and government.

**Engage**
Engage community and stakeholders to better understand concerns and needs.

**Respond**
Respond to concerns and needs as much as possible.

**Communicate**
Communicate effectively in culturally sensitive ways through trusted partners.

**Learn and improve**
Learn and improve as we go.
Staying Safe

How to protect yourself & loved ones
The Basics

- Wearing a face covering
- Standing at least six feet apart
- Avoiding gatherings of people
- Washing your hands
- Responding to calls or texts from contact tracers
- Getting tested
Why are community leaders essential now to stopping COVID-19 transmission in social gatherings and households?

1. Science still learning more about novel virus
   b. Scientific Brief: Community Use of Cloth Masks to Control the Spread of SARS-CoV-2. November 12, 2020

2. Many other viruses don't spread airborne, and not without symptoms.

3. People are isolating and quarantining too late, often waiting for test results.

4. Limited effectiveness of Health "Orders" and Governmental Mandates

5. Community leaders are:
   a. knowledgeable about community needs
   b. able to lead social norms and behaviors
4 steps for leaders to educate their community?

- **Review** next 8 slides that explain 2 science concepts & 3 strategies.
- **Engage** community members with slide-show discussion, by video.
- **Add** pictograms and instruction sheets to newsletters, emails, social media.
- **Learn** what community members are suggesting as improvements.
Community INterventions
December 2020

• Always wear your mask, especially when talking

• Insulate your household and any small, stable “Social Support Bubble” from the virus

• Mask – Isolate – Quarantine – Test. Immediately for any symptoms, or after an exposure.
Best ways to protect ourselves

• Physical distance
• Face covering (everyone above 2 years old)
• Cover nose, mouth and tight around your face
• Three layers is best
• Don’t pull down to talk to people or eat when with people outside of your social bubble
• Strengthening families and social support bubbles (1-3 households)
• Provide social supports
• Stay connected
• Be vigilant about interactions with others
• Immediately quarantine if potential exposure
• Get tested

TWO SCIENCE FACTS:
(Football coaches and singers may not know)

• Most transmissions (~65%) are from people without symptoms
• Airborne droplets increase by talking, shouting, and singing

Always wear your mask, especially when talking
COVID-19 INCUBATION TIMELINE
COVID-19 has up to a 14 day incubation period

JohnExposed 22 People Before Having Symptoms

DAY 0
John was exposed to COVID-19

DAY 6
Thinking he didn’t have COVID-19, John went to work and to a family gathering. He had no symptoms but was contagious and now exposed 22 people

DAY 7
John became symptomatic, then tested positive

CONTAGIOUS
(2 days before symptoms start)
Insulate your "household & support" bubble bubble from the virus

- **Limit size of bubble to only 1-2 families.**
- **Ensure that household and bubble members are “mutually exclusive”.** Don’t gather with other bubbles or individuals.
- **Always mask and minimize any external (social or work-related) close contact.**
- **Notify other social-support bubble members if anyone has symptoms and get tested.**
Concerned about symptoms or exposure?

IMMEDIATELY:
Mask - Isolate - Quarantine - Test

MASK
The person experiencing symptoms and EVERYONE in the household needs to wear a mask

ISOLATE
in a different room with windows open

QUARANTINE
for household members and close contacts should be considered

TEST
the person with symptoms immediately, and any contacts developing symptoms

Most transmissions (~65%) are from someone WITHOUT symptoms or BEFORE developing symptoms
## Instructions for preventing transmission within households

- **Prepare** for someone becoming positive in the future
- **Consider** how to best isolate and quarantine individuals in a home.
- **Use immediately** if concerned about symptoms or exposure to COVID-19. Don't wait for positive tests.

### Prevent Household Transmission of COVID-19

<table>
<thead>
<tr>
<th>If you have any of the following:</th>
<th>IMMEDIATELY:</th>
</tr>
</thead>
<tbody>
<tr>
<td>b. <strong>Had close-contact</strong> with suspected or confirmed COVID-19 case</td>
<td></td>
</tr>
<tr>
<td>c. <strong>Test taken</strong> for COVID-19, awaiting results</td>
<td></td>
</tr>
<tr>
<td>d. <strong>Diagnosis</strong> of COVID-19</td>
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</tbody>
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### Mask

- **Isolate**
  - Stay in a separate room and avoid common areas.

### Self-Quarantine

- **All household members & close contacts should quarantine.**

  **Science Facts:**
  - Most (70%) transmission of COVID-19 are from people without symptoms.
  - Incubation Period: After exposure, symptoms typically develop in 2-7 days (up to 10-14 days).
  - People with COVID-19 are most infectious 2 days before and 5 days after symptoms first appear.

### Test

- **A viral test only tells if you are infected now. If you test negative and start to feel sick, you may need to get tested again.**
10 things you can do to manage your COVID-19 symptoms at home

If you have possible or confirmed COVID-19:

1. Stay home from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.

2. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.

3. Get rest and stay hydrated.

4. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.

5. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.

6. Cover your cough and sneezes with a tissue or use the inside of your elbow.

7. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

8. As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.

9. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.

10. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

cdc.gov/coronavirus
Questions

EXPERIENCES
Thank You

Shireen Malekafzali
Smalekafzali @ smcgov.org
Health Education & Outreach

- 39 Community Outreach Partners
- Videos
- Handouts
- Facebook Lives
- Web Forums
- Presentations
- School Liaison
- Social Media Daily Posts
- Billboards
- Radio
- Media
- More
Masks - Face coverings

- **Wear**: Wear in public and anywhere others outside of your household are – ages 2 and above
- **Fit Carefully**: Fit snugly but comfortable against the side of the face
- **Not Single Layer**: Include multiple layers of fabric
- **Secure**: Secure with ties or ear loops
- **Wash**: Launder and Machine Dry without damage or change to shape
- **Remove Carefully**: Do not touch eyes, nose, and mouth when removing a face covering, Wash Hands immediately after removing mask

Secure with ties or ear loops
THANK YOU!
Shireen & Dr. Chan,
BACHAC On-line Strategy &
COVID Ed Outreach Team
Please complete the survey when you receive it. Your feedback MATTERS!
Holidays at Home

❤ Go on a holiday lights walking or driving tour in your neighborhood
❤ Have a holiday movie marathon at home
❤ Ask a loved one for a special family holiday recipe to make at home this year
❤ Host a virtual holiday sing-a-long

We can stay connected while being apart

Wellness Where You Are: Online Series
THANK YOU!
To learn more about BACHAC
www.bachac.org
More Info/Resources
www.smcgov.org/coronavirus